



East Boulder Recreation Center Lap Pool

JULY



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30am								
6:00am	Lap Swim 5:45-9:00	Lap Swim 5:45-9:30	Lap Swim 5:45-7:00	Lap Swim 5:45-9:30	Lap Swim 5:45-9:00			
6:30am								
7:00am								
7:30am								
8:00am			Boulder Swimming 7:00-8:30 *3 lanes			Lap Swim 7:30-10:30		
8:30am			Lap Swim					
9:00am	H ² O Fitness 9:00-10:00 *5 lanes		H ² O Fitness 9:00-10:00 *5 lanes		H ² O Fitness 9:00-10:00 *5 lanes			
9:30am								
10:00am	Lap Swim 10:00-12:00	Lessons 9:30-11:00 *7 lanes		Lessons 9:30-11:00 *7 lanes		Lessons 10:30-11:15 *7 lanes		
10:30am								
11:00am								
11:30am								
12:00pm	BAM 12:00-1:00 *4 lanes		Lap Swim 10:00-4:00	BAM 11:00-12:00 *5 lanes				
12:30pm								
1:00pm								
1:30pm								
2:00pm	Lap Swim 1:00-6:45	Lap Swim 12:00-6:00		Lap Swim 12:00-8:00	BAM 12:00-1:00 *4 lanes	Lap Swim 11:15-5:30	Lap Swim 9:00-7:00	
2:30pm								
3:00pm								
3:30pm								
4:00pm			Expand 4:00-5:00 *4 Lanes					
4:30pm								
5:00pm								
5:30pm								
6:00pm								
6:30pm	RevRunning 6:45-7:45 *5 lanes	Lessons 6:00-7:15 *7 lanes	Lap Swim 5:00-8:00		5:00-5:45 *4 lanes MESA Swim 5:45-6:45 *5 lanes			
7:00pm								
7:30pm		Lap Swim			Lap Swim 6:45-8:00			
8:00pm								

*Indicates # of lap lanes available to public for lap swimming

****POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME****

For more information call 303-441-4400 or go to www.boulderaquatics.org